



CPDL

SINGING FOR WELLNESS

*CPDL for
all staff*

*Led by experts
from Musica Kirklees*

*Supportive and
inclusive*

Ideas and inspiration

Available 2024-5

1hr 30 - 2hr practical workshop

Delivered at your workplace at
a mutually convenient
date/time

No singing experience
necessary - suitable for all

£400

Please turn over for details

EMAIL natalie.brown@musicakirklees.org
TO BOOK or find out more



Singing promotes a sense of community and understanding. It lifts our mood, keeps us healthy, promotes concentration and confidence, builds team spirit - and it's fun!

Singing together is an activity that has been vital to humanity's way of life for hundreds of years. It doesn't require many resources and everyone can do it! It also offers us important tools for looking after our wellbeing.

In the workshop we will explore:

- **Breathing and posture** – using different exercises we will explore how an awareness of good breathing and posture can not only help our singing and speaking but also help us to manage stress and anxiety.
- **Warm-ups and rounds** – songs and exercises to warm-up our voices and start us singing together, listening to each other, encouraging reluctant singers and developing musical confidence.
- **Learning songs to sing together** – we will learn some simple two and three-part songs to get your staff sounding great in a really short time. Using a wide range of musical styles, pop, folk, musicals and classical: we can tailor the workshop to the needs and preferences of any group.

What you'll take from the workshop:

- New knowledge and skills
- A sense of the enjoyment and camaraderie that singing provides
- Resources to use in your workplace or just to enjoy at home (including performance and backing tracks to use)
- Ideas about how to use the resources in the workplace
- Detailed notes with all the information about the songs and exercises used
- Lyric PDFs
- Links to other resources
- Information about how to join a Musica Kirklees Choir (5 venues across Kirklees)
- Musica Kirklees contacts for further support or future workshops

Please email natalie.brown@musicakirklees.org to book or find out more



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ARTS COUNCIL ENGLAND

Musica Kirklees: 9 Beast Market, Huddersfield, HD1 1QF
Email: hello@musicakirklees.org Website: www.musicakirklees.org

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